

RH



# REVA HACK</> 2021

## Elevator Pitch

### Eternal

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## Not Me Too

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### Overview (What problem are you trying to solve)

Not Me Too is a webpage which aims to destigmatize mental health and to help people. This will also encourage people to seek help without fearing what the society might see them as.

### Goals (How are you solving the problem stated)

1. **Not Me Too doesn't have backend:** This ensures that in case of any emergency (like having a panic attack or contacting a helpline) the user doesn't have to go through the process of signing up.
2. **Self-Harm prevention along with affirmations:** It presents ways to curb the user's temptation to harm themselves along with affirmations that can bring a positive change in the user's life.
3. **Stress Reliever:** It has a section dedicated to expressing the user's feelings which will not be stored (Hence the user can express themselves freely – like the journals that are burnt after a person writes in it.). It also has a section which has links to audio clips for meditation, times when the user is having a panic attack or if they want help to fall asleep.

4. **Music therapy:** It also has a section which has links to audio clips for meditation, people suffering from insomnia and for a situation when a person is having a panic attack.
5. **Positivity:** Just a bit of positivity can make a huge change in life, thus the affirmations section which has daily affirmations for the user.

## Working Methodology (Summary on how your project is going to work/solve the problem stated)

This focuses on mental health and as more people come across it, they won't hesitate to ask for help and stop fearing about what the society might perceive them to be. It also acts as a platform to let their guard down and not hesitate to either visit the websites that offer help or contact the helplines. It will be immensely useful if the person is having a panic attack, they can use this platform to listen to panic attack talk downs that'll guide them to get through it. Not Me Too will thus help in the removal of stigma which constantly surrounds mental health.

## Specifications (Tech Stack Used - Hardware + Programming Languages)

- HTML (Hypertext Markup Language)
- CSS (Cascading Style Sheets)
- Bootstrap

## Links and other Information:

- Link to the GitHub repository: <https://github.com/Sumedini/notmetoo>
- Link to the working website: <https://notmetoo.tiiny.site/> (The project is complete.)